User Manual

To use your AIR-Body properly the following steps should be considered. These steps will be explained through the following pictures:

1. Unpacking
2. Filling your AIR-Body with water (when used without the metal base)
3. Screwing in the bolt
4. Inflating your AIR-Body
5. Using the metal base “Safe and Swing“
6. Deflating your AIR-Body and folding it in a space saving manner

1. Unpacking

Unfold your AIR-Body and spread it flat out on the ground. If you would like to use your AIR-Body without the metal base, you can fill the AIR-Body with water through the red opening at the bottom. This can only be done BEFORE you inflate your AIR-Body with air!

AIR-BODY
[Full-Contact]-Trainings-System

2. Filling your AIR-Body with water (when used without the metal base)

Open the valve at the bottom
Insert the water hose
Fill with water
Close the valve

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[Full-Contact]-Trainings-System

3. Inflating your AIR-Body

Open the big red valve on the side (not the water one at the bottom!).
Put the compressor on the opening and turn it on.
Inflate the AIR-Body.
Your AIR-Body is filled optimally if he is not too bulging. This will help to achieve a more realistic rebound effect of the soccer balls

With the small white valve (see the two pictures at the bottom) you are able to readjust the inflation of your AIR-Body on the go with your mouth.

4. Screwing in the bolt

The bolt has to be screwed in all the way to avoid damages to the thread.

5. Using the metal base “Safe and Swing“

The AIR-Body “Safe & Swing“ can be used on both sides.
Position „safe“ (flat side on the ground) for a better stability.
Position „swing“ (round side on the ground) this allows pendular movements of your AIR-Body .

Your AIR-Body will be pushed in the metal base via the screwed in bolt. Ready to train!

Please note:

When using your AIR-Body with water, do NOT use the bolt!

AIR-BODY
[Full-Contact]-Trainings-System

6. Deflating your AIR-Body and folding it in a space saving manner

Put your AIR-Body on the ground and open the red valve on the side.
Starting from the head, fold your AIR-Body as shown in the pictures above.

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Safety Instructions:

The AIR-Body is made out of a special resilient high performance material, optimized for use in training conditions with temperatures from -20 to +80 degrees Celsius (this does not apply when the AIR-Body is used with water!).

Changing the surface of the AIR-Body through glueing, printing or sticking things on it etc. can harm the special surface structure of your AIR-Body.

The AIR-Body being in contact with sharp, spiky and hot objects can lead to damages of the AIR-Body.

Before erecting the AIR-Body make sure to check that there is no soiling at the bottom / lower section of the AIR-Body.

Do not put too much pointed pressure on a deflated AIR-Body (e.g. stepping on it while it is on the floor) as this can lead to damage of the materials through stones etc.

The AIR-Body must not be used as a swimming aid.

Do not sit on the AIR-Body.

For a warranty, the advice in this instruction manual has to be observed.

Disregarding these warnings may lead to personal injury or material damage. If this advice is disregarded, the manufacturer will not be liable for damages that might occur.

To avoid installation errors and damage to the AIR-Body, it is imperative that the installation instructions are followed. The product must only be operated after reading installation and operating instructions.

How to clean your AIR-Body:

Your AIR-Body is easily cleaned! Just use lukewarm water with a drop of conventional detergent and a sponge.

Please do NOT use any abrasive cleaners!